This listing of claims replaces all prior versions and listings of claims in the application:

Listing of Claims:

Claims 1-19: (Cancelled).

20. (Previously Presented) An optical disk apparatus comprising:

an optical head which applies or receives a laser beam to or from an optical disk including an information recording layer, to perform recording or reproducing processing;

a waiting position determination unit which detects a wave reflected from the optical disk using the optical head, discriminates an unrecorded region from a recorded region based on a height of reflectivity or reflectivity distribution of the optical disk corresponding to the detected wave, and determines, as a waiting position, a position in the recorded region two or more tracks away from a boundary between the unrecorded region and the recorded region, after the recording or the reproducing processing is finished; and

a control unit which moves the optical head to the waiting position, shifts the waiting position by a preset amount away from the boundary and moves the optical head to the shifted waiting position, when there is no instruction to perform recording processing or reproduction processing even after a preset time elapses, and performs control for shifting the optical disk apparatus to a power-saving state in which various servo states other then focus servo are made to holding states or open states, and only the focus servo is kept to be performed.

- 21. (Previously Presented) The optical disk apparatus according to claim 20, wherein the preset amount set by the control unit is about 0.1 mm.
 - 22. (Cancelled).

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23. (Previously Presented) A method of retracting an optical head incorporated in an optical disk apparatus in which the optical head applies or receives a laser beam to or from an optical disk including an information recording layer, to perform recording or reproducing processing, comprising:

detecting a wave reflected from the optical disk using the optical head, discriminating an unrecorded region from a recorded region based on a height of reflectivity or reflectivity distribution of the optical disk corresponding to the detected wave, and determining, as a waiting position, a position in the recorded region two or more tracks away from a boundary between the unrecorded region and the recorded region, after finishing the recording or the reproducing processing; and

moving the optical head to the waiting position, shifting the waiting position by a preset amount away from the boundary and moving the optical head to the shifted waiting position, when there is no instruction to perform recording processing or reproduction processing even after a preset time elapses, and performing control for shifting the optical disk apparatus to a power-saving state in which various servo states other then focus servo are made to holding states or open states, and only the focus servo is kept to be performed.

- 24. (Previously Presented) The method according to claim 23, wherein the preset amount set by the control unit is about 0.1 mm.
 - 25. (Cancelled).